



Arbeidsterapeut
Occupational Therapist

Pr No. 0660000080136



Developmental checklist = 76 pages

Age appropriate stimulation activities = 25 pages

The checklist is ring-binded for easy use.

You will be able to use this checklist, as a **guideline**, to determine if a child is functioning according to his/her age level or as a guideline for age-appropriate stimulation activities (for teachers, therapist, parents, etc.) This is not a standardized test.

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The following areas are included in the checklist:

- | | | |
|------------------------------------|---|---|
| ❖ Movement | # | Activities of daily living |
| ❖ Communication skills | # | Cognitive skills |
| ❖ Personality traits / temperament | # | Playing |
| ❖ Ball skills | # | Coordination |
| ❖ Perception | # | Grasps & hand function |
| ❖ Basic concepts | # | Body concept |
| ❖ Number concept | # | Form concept |
| ❖ Colour concept | # | Size concept |
| ❖ Building with blocks | # | Working with beads |
| ❖ Cutting with scissors | # | Drawing / painting |
| ❖ Drawing a person | # | Picture-reading |
| ❖ Story-time | # | Writing |
| ❖ Eating / feeding | # | Sleeping |
| ❖ Prepositions | # | Senses |
| ❖ Teeth | # | Age-appropriate stimulations activities |

The following are an example taken from the checklist:

| <u>Function</u> | <u>Age</u> | <u>Child?</u> |
|---|-------------|---------------|
| Movement | | |
| Able to stabilize arms against considerable resistance | 7 - 8 years | |
| He / she is able to ride a bicycle | 7 years | |
| He / she is able to roller-skate | | |
| He / she is able to skip | | |
| He / she is able to jump rope | | |
| He / she is able to do summersault: 3 consecutively, deviation not more than 10 degrees | 6 years | |
| He / she is able to do sit-ups: 9 – 10 in 20 sec | | |
| Able to maintain the following position for 20 – 30 sec: When | | |

| | | |
|---|------------------|--|
| lying on stomach lift head and legs | | |
| Able to maintain the following position for 20 sec with moderate resistance applied: While lying on back bend head to chest and tuck knees to belly | | |
| Beanbags: advanced throw, catches with hands | 5 years 6 months | |
| He / she is able to stand on 1 leg for more than 12 sec | | |
| Jumping on 1 leg: 5m in 6 sec | | |
| He / she is able to walk on a balancing bean, sideways, without falling over | | |
| Walking on toes: walks backwards for 1m, balances for 10 – 15 sec | | |
| Uses alternating feet for climbing up and down stairs | | |
| Jumps with both feet at the same time | | |
| Walks backward for 5 seconds | | |
| When skipping: turns and changes directions without losing rhythm | | |
| Standing upright and balances on both feet | | |
| Is able to walk and run | | |
| Rides a 2-wheeler, falls less | | |
| Uses arms and legs when climbing objects | | |
| Copies movement of others | | |
| Stands on 1 leg for more than 9 sec | 5 years | |
| Jumping on 1 leg, forward, 3m | | |
| Walks on toes for more than 5 sec | | |
| Walks the entire length, of the balance beam, backwards and forwards | | |
| Runs up stairs with confidence | | |
| Able to stand still, on toes, for 12 – 15 sec with hands on hips | | |
| Jumps and turns 180 degrees in the air (feet together, hands on hips) | | |

General: 6 years – 7 years old

- Allow your child to brush his / her own hair
- Child should bath and dry himself / herself
- Allow your child to choose his / her own clothing when buying
- Standing on 1 leg
- Teach your child to respect others and their property
- Allow your child to use a knife and fork when eating
- Peg-board activities
- Standing with eyes closed – always remain nearby to reassure him / her
- Dancing on toes
- Jumping with both feet together
- Jumping up and down
- Skipping
- Galloping
- Introduce your child to a skipping rope
- Running and kicking a ball
- Encourage your child to cut more complex pictures
- Threading small beads
- Do sit-ups
- Do push-ups
- Do somersaults
- Show your child how to do star-jumps
- Throwing a ball in the air and catching it
- Bouncing a ball using 1 hand
- Copy different forms
- Encourage your child to imitate simple clay models

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